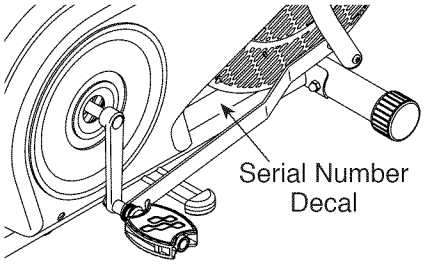
PRO-FORM®

WHIRLWIND AIR

Model No. 831.21922.1
Serial No. _____

Write the serial number in the space above for reference.



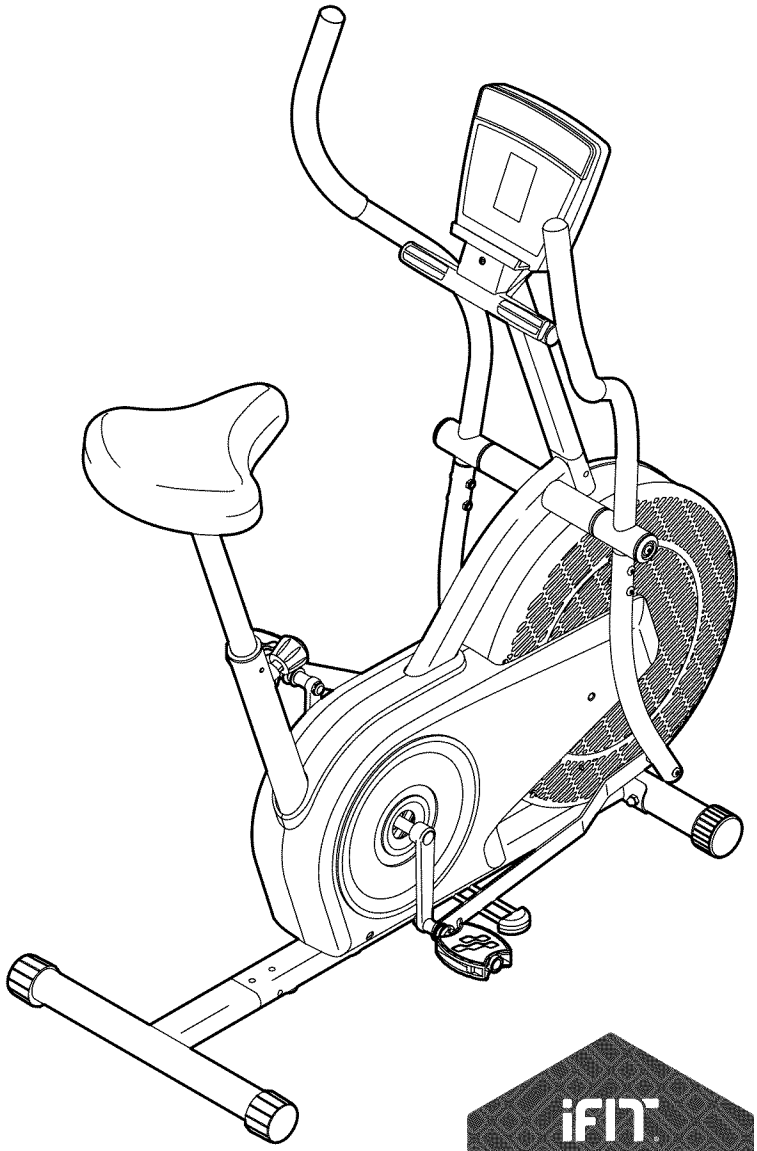
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

BIKE EXERCISER
User's Manual



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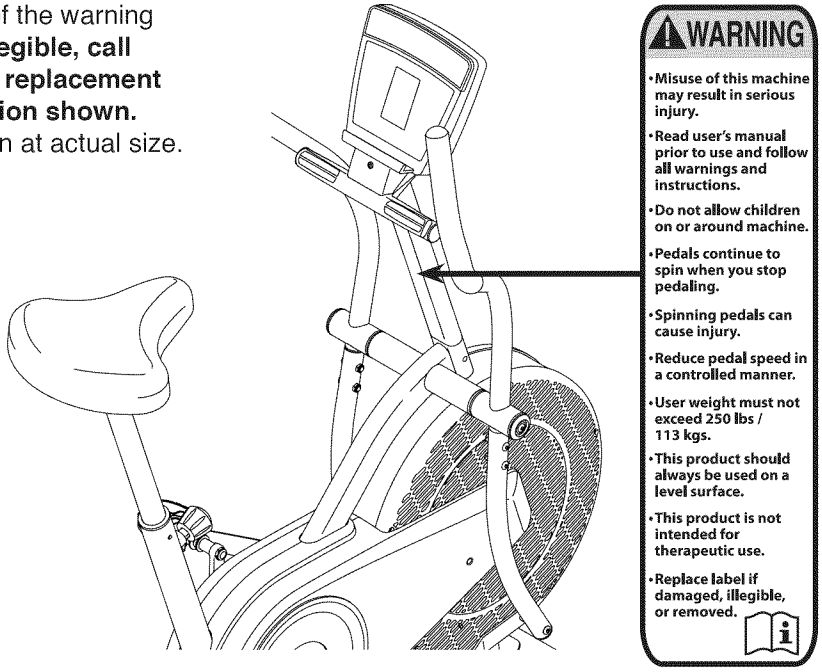
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•Pedals continue to spin when you stop pedaling.
•Spinning pedals can cause injury.
•Reduce pedal speed in a controlled manner.
•User weight must not exceed 250 lbs / 113 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

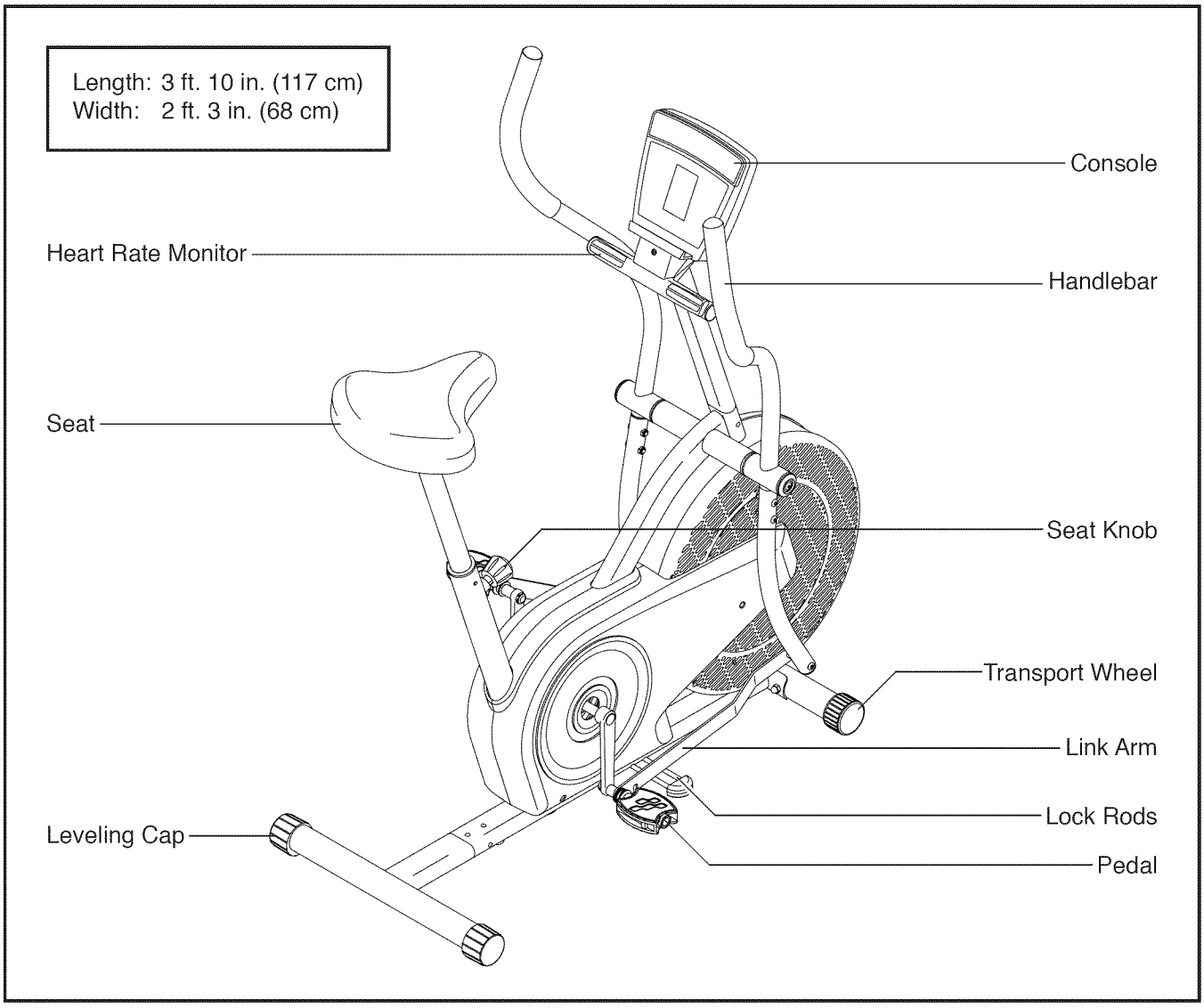
1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. When connecting the link arms to the pedals, make sure that the link arms are fully seated on the crank arm spacers (see HANDLEBAR OPERATION on page 12). If the link arms are not on the crank arm spacers, they may slip off during use, resulting in injury to the user.
15. When adjusting the height of the seat, make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post (see HOW TO ADJUST THE SEAT on page 12). Do not rest the seat post on top of the pin on the seat knob.
16. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
17. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® WHIRLWIND AIR exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The WHIRLWIND AIR exercise bike offers an array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

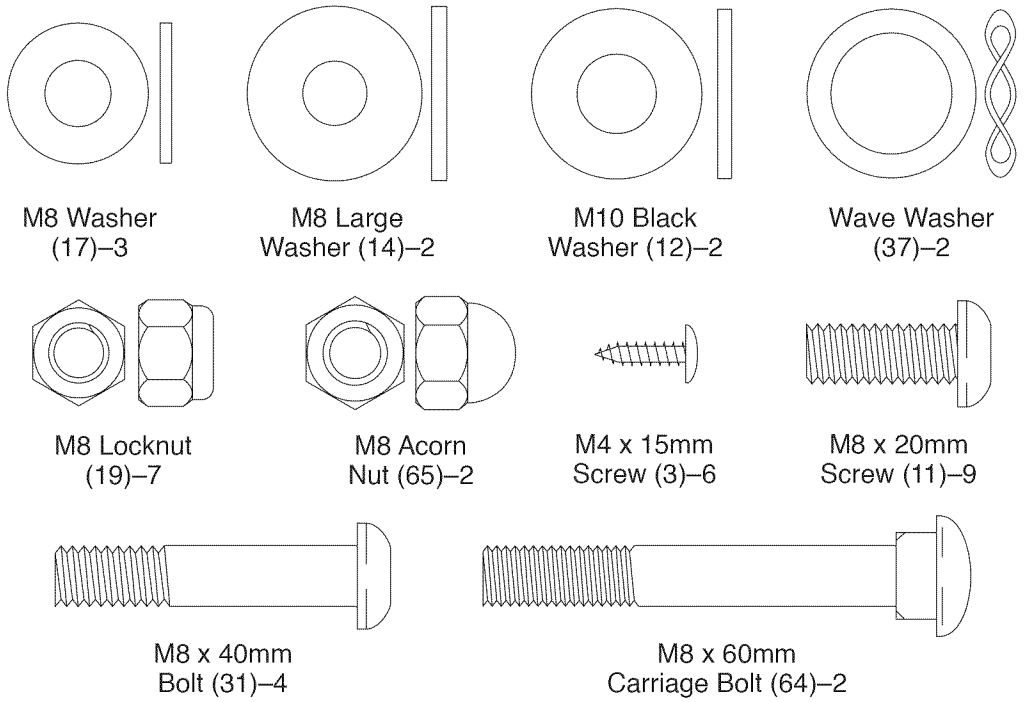
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



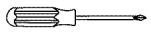
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-888-533-1333.**


M8 Washer (17)–3
M8 Large Washer (14)–2
M10 Black Washer (12)–2
Wave Washer (37)–2
M8 Locknut (19)–7
M8 Acorn Nut (65)–2
M4 x 15mm Screw (3)–6
M8 x 20mm Screw (11)–9
M8 x 40mm Bolt (31)–4
M8 x 60mm Carriage Bolt (64)–2

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tool(s):

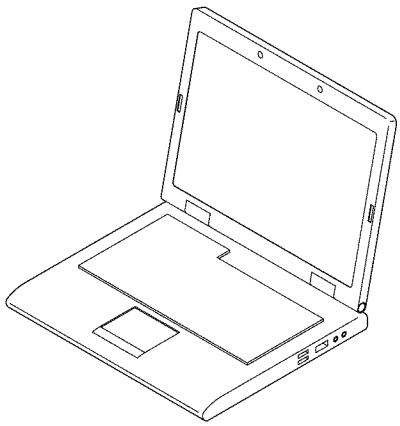
  one Phillips screwdriver 

  one adjustable wrench

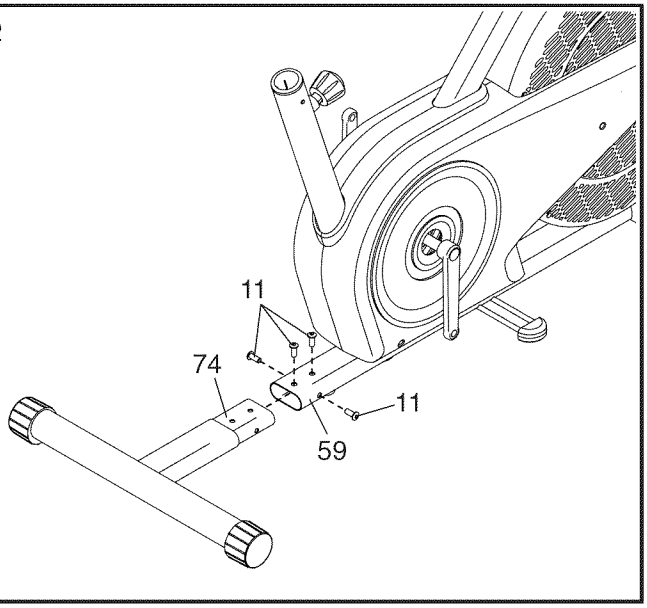
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.proformservice.com/registration on your computer and register your product.**
   - activates your warranty
   - saves you time if you ever need to contact Customer Care
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call 1-888-533-1333 and register your product.

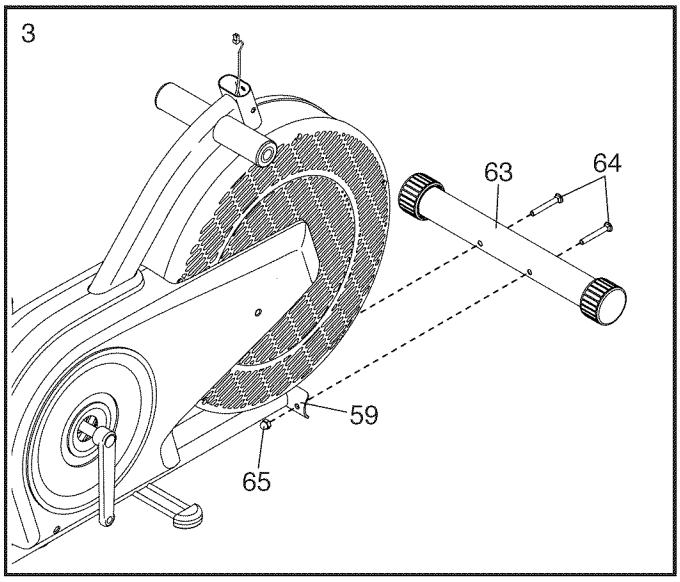
1


2. Attach the Rear Stabilizer (74) to the Frame (59) with four M8 x 20mm Screws (11).

2


3. Orient the Front Stabilizer (63) as indicated by the sticker.

   Attach the Front Stabilizer (63) to the front of the Frame (59) with two M8 x 60mm Carriage Bolts (64) and two M8 Acorn Nuts (65) (only one is shown).

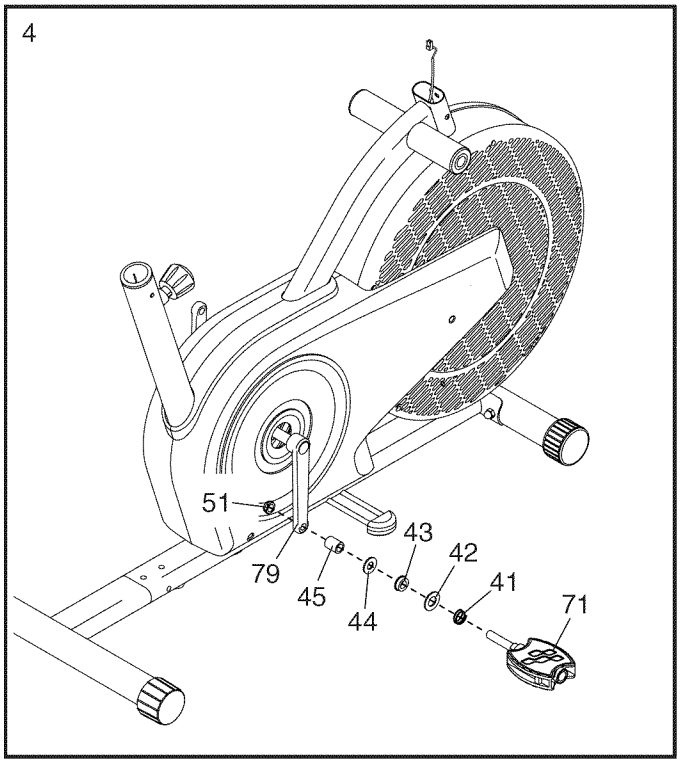


4. Remove the Right Pedal Locknut (51) from the shaft of the Right Pedal (71).

   Make sure that a Pedal Spring (41), a Pedal Washer (42), a Pedal Sleeve (43), a Crank Arm Washer (44), and a Crank Arm Spacer (45) are on the shaft of the Right Pedal (71).

   Firmly tighten the shaft of the Right Pedal (71) **clockwise** into the Right Crank Arm (79). Then, tighten the Right Pedal Locknut (51) onto the shaft.

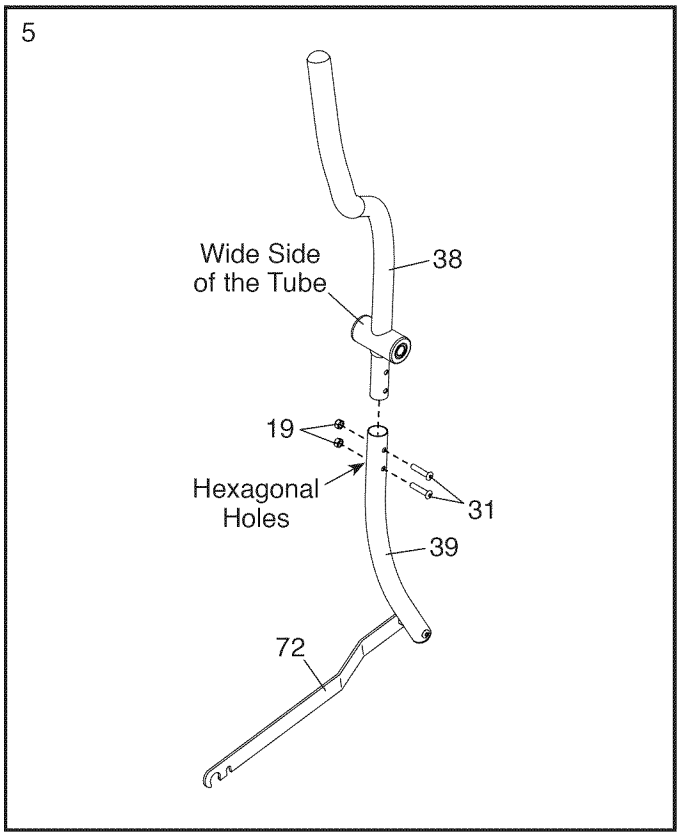
   Attach the Left Pedal (not shown) in the same way. Firmly tighten the Left Pedal **counterclockwise** into the Left Crank Arm (not shown).



5. Identify the Right Handlebar (38) and the Right Handlebar Leg (39). **Orient these parts so that the wide side of the tube on the Right Handlebar and the Right Link Arm (72) are on the same side.** Note: The wide side of the tube on the Right Handlebar is indicated by a sticker.

   Attach the Right Handlebar (38) to the Right Handlebar Leg (39) with two M8 x 40mm Bolts (31) and two M8 Locknuts (19); **make sure that the Locknuts are in the hexagonal holes.**

   Attach the Left Handlebar (not shown) to the Left Handlebar Leg (not shown) in the same way.



6. Remove all of the parts (not shown) from both ends of the Handlebar Axle (36) if necessary.

   Tip: Avoid pinching the Reed Switch Wire (6). Insert the Handlebar Axle (36) into the Frame (59) and center it.

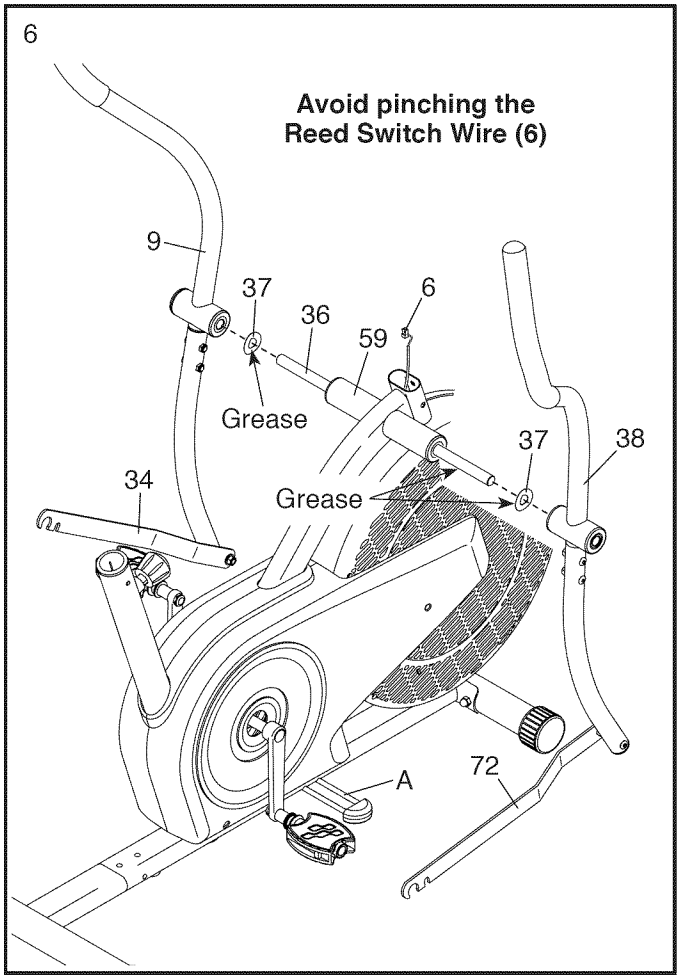
   Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Handlebar Axle (36).

   Next, apply grease to two Wave Washers (37). **Note: The Wave Washers may have been removed from the Handlebar Axle (36).**

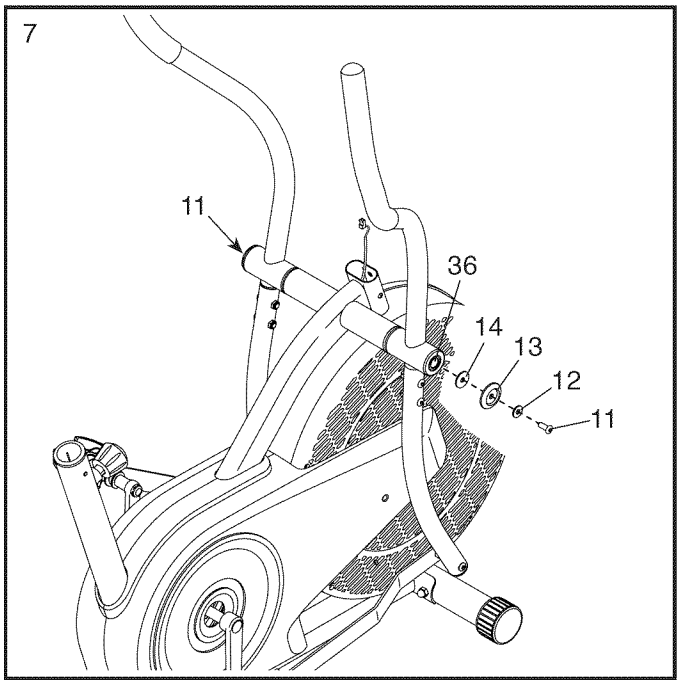
   Slide a Wave Washer (37) onto each end of the Handlebar Axle (36).

   Next, slide the Left and Right Handlebars (9, 38) onto the Handlebar Axle (36). **Make sure that each Handlebar is on the correct side.**

   Then, set the Right Link Arm (72) on the indicated lock rods (A). **Set the Left Link Arm (34) on the other lock rods (not shown).**

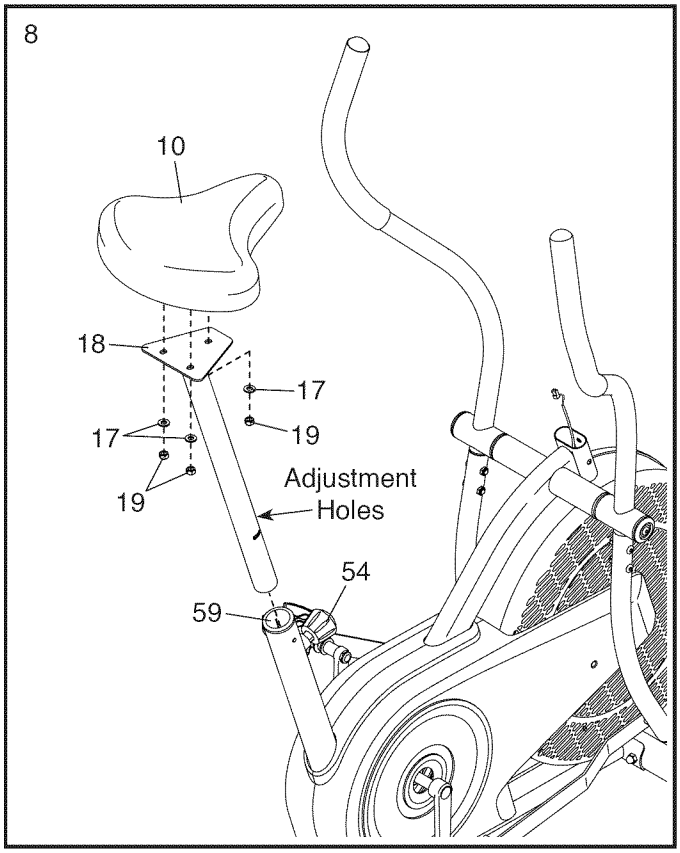


7. Tighten an M8 x 20mm Screw (11) with an M10 Black Washer (12), a Handlebar Cover (13), and an M8 Large Washer (14) into each end of the Handlebar Axle (36) **at the same time.**



8. Attach the Seat (10) to the Seat Post (18) with three M8 Locknuts (19) and three M8 Washers (17). **Note: The Locknuts and Washers may be preattached to the underside of the Seat.**

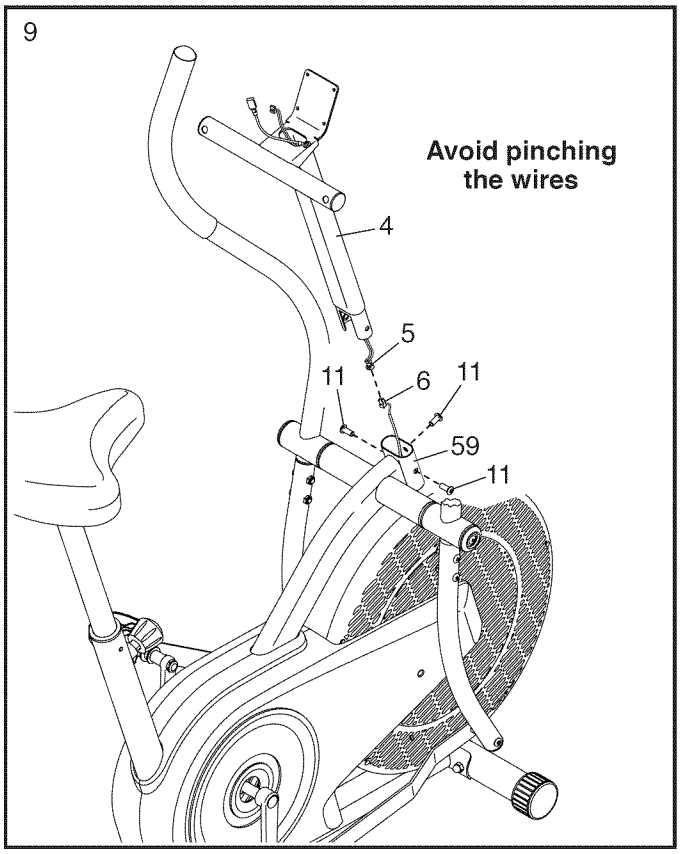
   Next, loosen the Knob (54) a few turns, pull the Knob outward, insert the Seat Post (18) into the Frame (59), and then release the Knob. **Move the Seat Post upward and downward slightly to make sure that the pin on the Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Knob.



9. While a second person holds the Upright (4) near the Frame (59), connect the Reed Switch Wire (6) to the Console Wire (5).

   Insert the excess wire into the Frame (59).

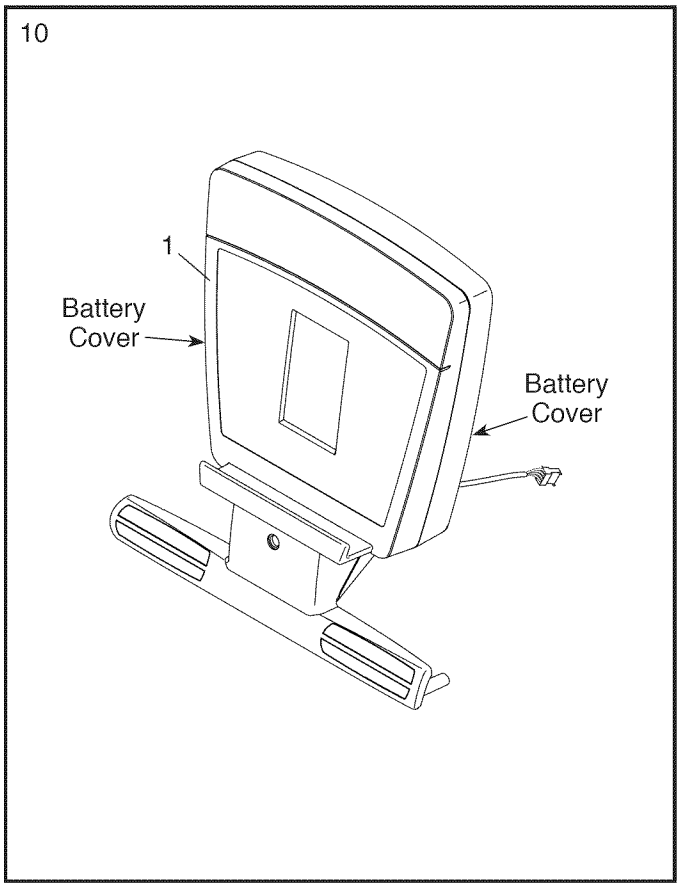
   Tip: Avoid pinching the wires. Insert the Upright (4) into the Frame (59). Attach the Upright with three M8 x 20mm Screws (11).



10. The Console (1) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.**

    Remove the battery covers from the back of the Console (1), and insert batteries into the battery compartments. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.

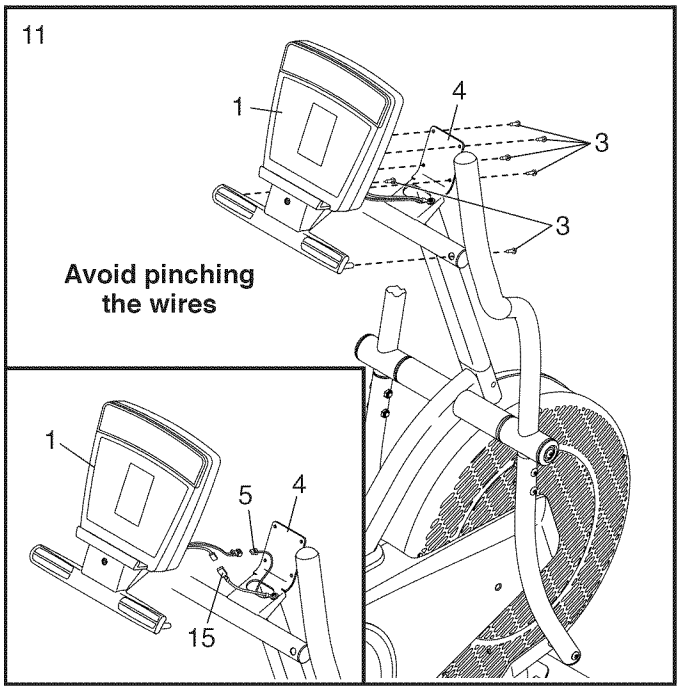
    To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied regulated power adapter. Plug one end of the power adapter into the receptacle on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



11. **See the inset drawing.** While a second person holds the Console (1) near the Upright (4), connect the wires on the Console to the Console Wire (5) and to the Ground Wire (15).

    Insert the excess wire into the Upright (4).

    Tip: Avoid pinching the wires. Attach the Console (1) to the Upright (4) with six M4 x 15mm Screws (3).



12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

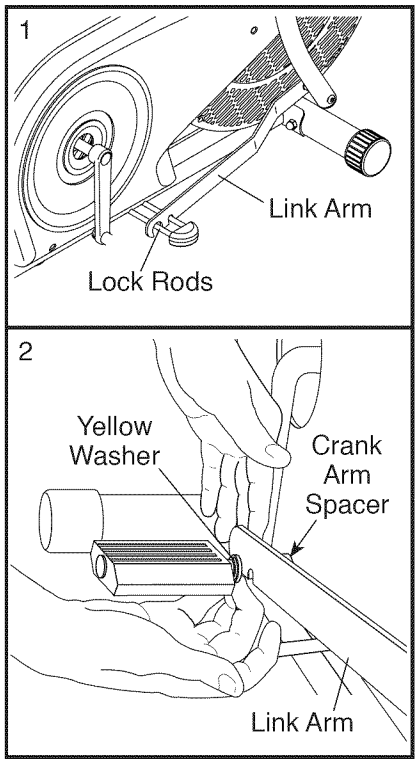
HANDLEBAR OPERATION

You can use the handlebars in the dual-action mode, for upper- and lower-body exercise, or in the stationary mode, for pedaling exercise only.

Dual-action Mode

To convert the handlebars to the dual-action mode, the link arms must be connected to the pedals.

First, lift the link arms off the lock rods.



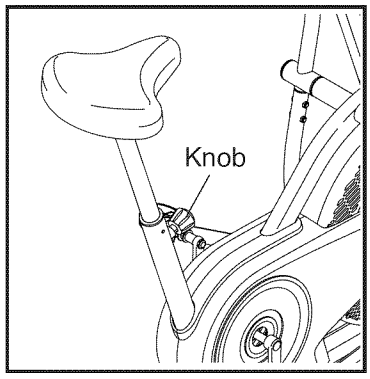
Next, pull the link arms outward against the tops of the yellow washers, while pulling against the bottoms of the yellow washers with your fingers as shown. **Be careful not to pinch your fingers.** Then, slide the link arms onto the crank arm spacers. Move the link arms upward and downward slightly to make sure that they are fully seated on the crank arm spacers. **CAUTION: Make sure that the link arms are fully seated on the crank arm spacers. If the link arms are not on the crank arm spacers, they may slip off during use, resulting in injury to the user.**

Stationary Mode

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the yellow washers until the link arms are free of the crank arm spacers (see drawing 2 at the left). **Be careful not to pinch your fingers.** Next, lift the link arms off the pedals, and set them on the lock rods (see drawing 1 at the left).

HOW TO ADJUST THE SEAT

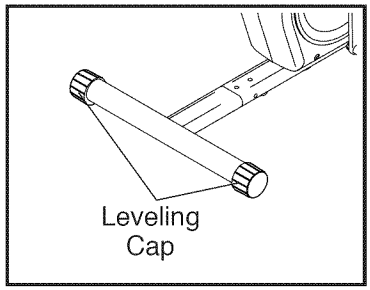
For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



To adjust the seat, first loosen the seat knob, pull the seat knob outward, raise or lower the seat post, and then release the seat knob into an adjustment hole in the seat post. **Move the seat post upward and downward slightly to make sure that the pin on the seat knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the seat knob.

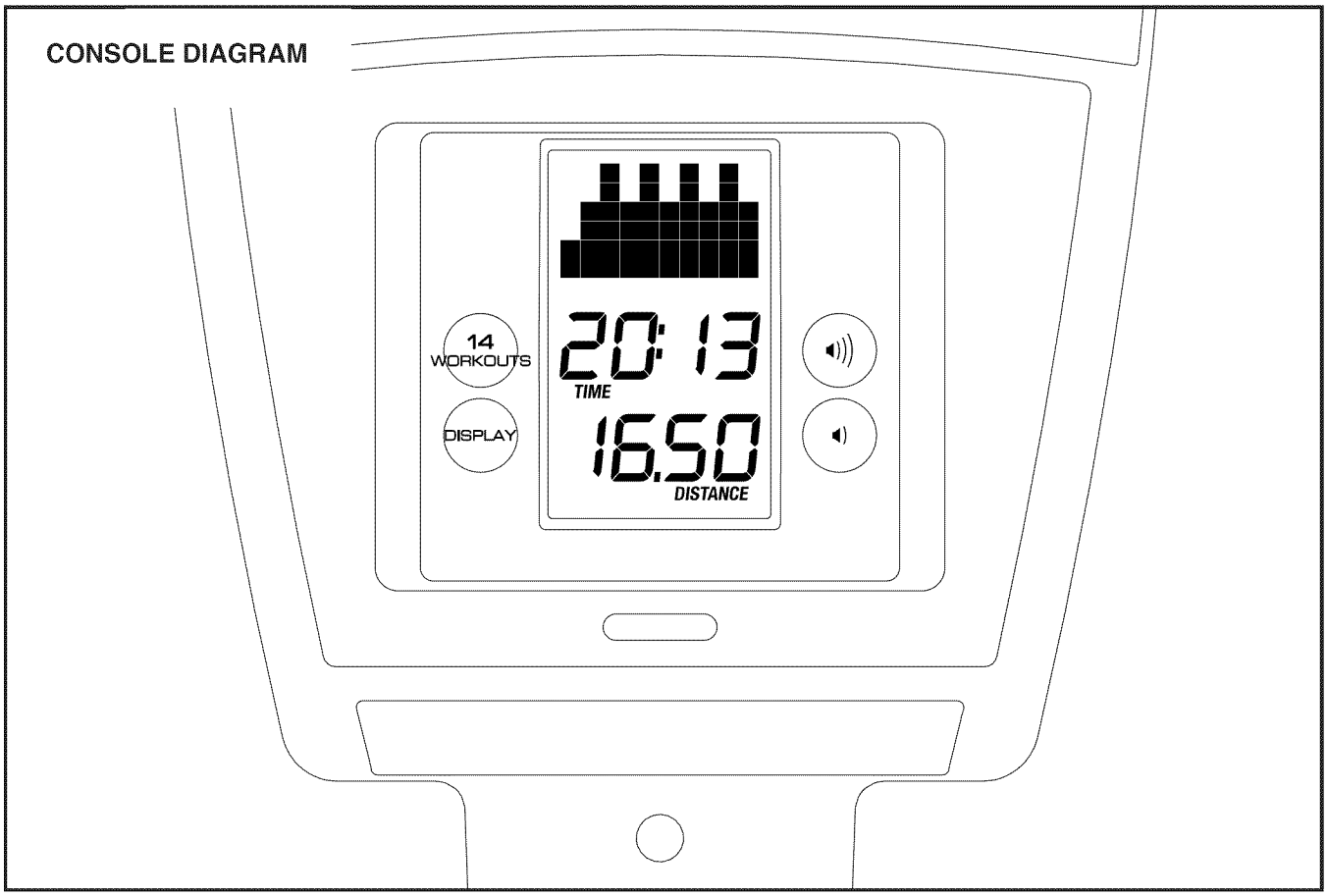
CAUTION: Make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post. Do not rest the seat post on top of the pin on the seat knob.

HOW TO LEVEL THE EXERCISE BIKE



If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling caps on the rear stabilizer until the rocking motion is eliminated.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console offers a selection of preset workouts. Each preset workout prompts you to vary your pedaling speed as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 14. **To use a preset workout,** see page 15. **To use the sound system,** see page 16. **To use the settings mode,** see page 16.

Note: Before using the console, make sure that batteries are installed (see assembly step 10 on page 10). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

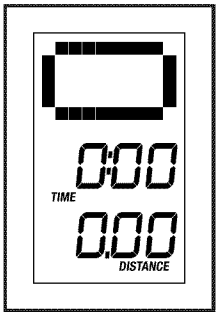
1. **Turn on the console.**

   Press any button or begin pedaling to turn on the console.

   When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected automatically.

   If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until a track appears in the upper display.

3. **Follow your progress with the display.**

   The display can show the following workout information:

   Calories—This display mode will show the approximate number of calories you have burned.

   Distance—This display mode will show the distance that you have pedaled in miles or kilometers.

   Profile—When a workout is selected, this display mode will show a profile of the target speed settings of the workout.

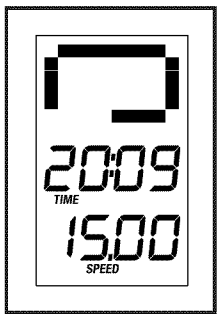
   Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 4).

   Scan—This display mode will show the speed, time, distance, and calories modes, for a few seconds each, in a repeating cycle.

   Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

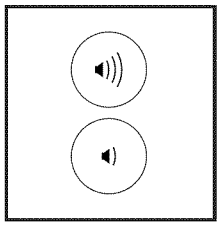
   Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

   Track—When the manual mode is selected, this display mode will show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

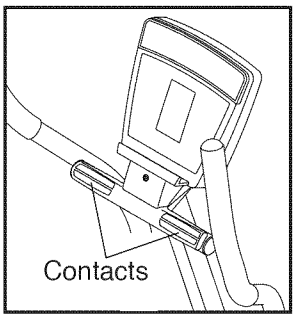
   Press the Display button repeatedly to view the desired workout information.

   Change the volume level of the console by pressing the volume increase and decrease buttons.

   Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE SETTINGS MODE on page 16.

4. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

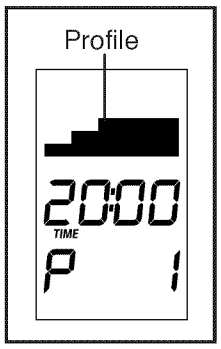
HOW TO USE A PRESET WORKOUT

1. **Turn on the console.**

Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. **Select a preset workout.**



To select a preset workout, press the Workouts button repeatedly until the number of the desired workout appears in the lower display.

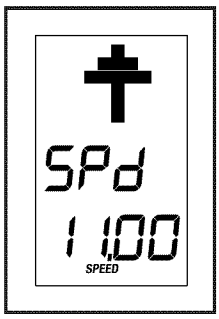
When you select a preset workout, a profile of the target speed settings of the workout will scroll across the upper display, the duration of the workout will appear in the center display, and the number of the workout will appear in the lower display.

3. **Begin pedaling to start the workout.**

Each workout is divided into several one-minute segments. One target speed is programmed for each segment. Note: The same target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different target speed is programmed for the next segment, the target speed will appear in the display for a few seconds to alert you.



As you exercise, keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display,** increase your pedaling speed. **When a downward-pointing arrow appears,** decrease your pedaling speed. **When a target appears,** maintain your current pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To resume the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. **Follow your progress with the display.**

   See step 3 on page 14.

5. **Measure your heart rate if desired.**

   See step 4 on page 15.

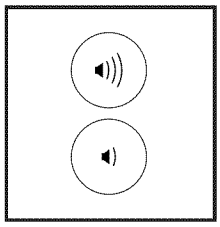
6. **When you are finished exercising, the console will turn off automatically.**

   See step 5 on page 15.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



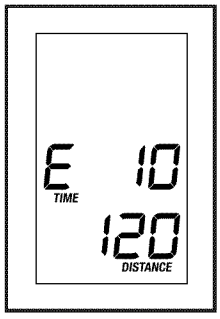
THE SETTINGS MODE

The console features a settings mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the settings mode, press and hold down the Display button for a few seconds until the settings mode information appears in the display.

The console can show pedaling speed and distance in either miles or kilometers.

The center display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the volume decrease button repeatedly.



Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

The center display will also show the total number of hours that the exercise bike has been used. The lower display will show the total distance that the exercise bike has been pedaled.

To exit the settings mode, press the Display button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the exercise bike regularly. To clean the exercise bike, use a damp cloth and a small amount of mild detergent; **never use abrasives or solvents to clean the exercise bike. To avoid damaging the console, keep liquid away from the console.**

CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries. See assembly step 10 on page 10 for battery installation instructions.

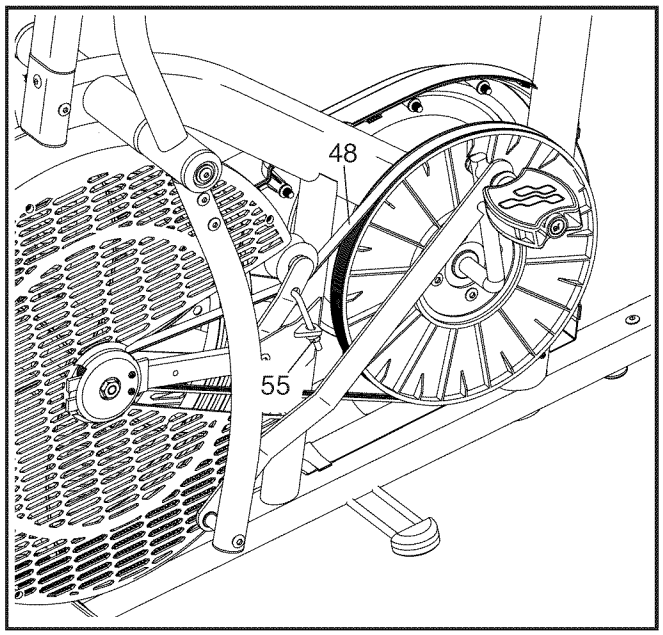
ADJUSTING THE DRIVE BELT

If the drive belt causes excessive noise or slips as you pedal, the drive belt may need to be adjusted.

See the EXPLODED DRAWING on page 23. Remove the six M4 x 15mm Tek Screws (22) from the Left and Right Shields (46, 70). Then, gently pull the Left Shield away from the Right Shield.

Note: For clarity, the Left Shield (46) is not shown in the drawing.

Tighten the M8 Flange Nut (55) until the Drive Belt (48) is tight.



When the drive belt is correctly adjusted, reattach the left shield.

ADJUSTING THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

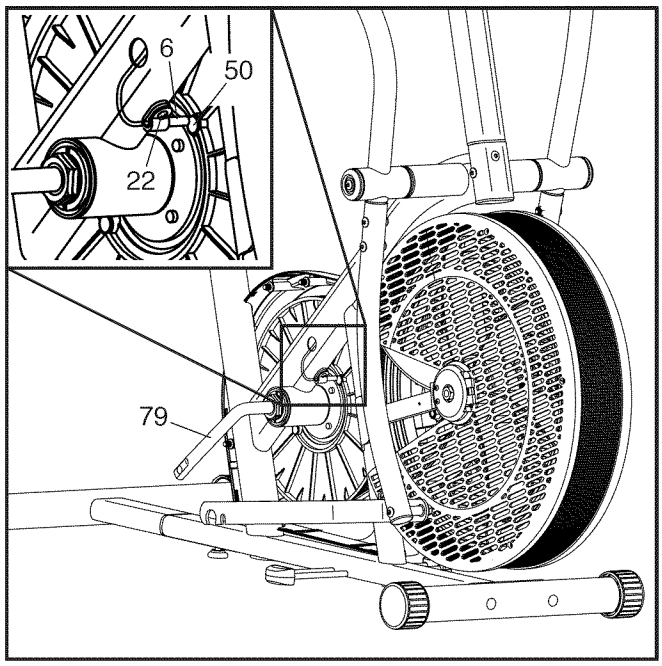
To adjust the reed switch, the right pedal and the right shield must be removed.

First, lift the right link arm off the right pedal or the right lock rods and move it clear of the right shield.

Next, see assembly step 4 on page 7 and remove the Right Pedal (71) from the Right Crank Arm (79).

Then, see the EXPLODED DRAWING on page 23. Remove the six M4 x 15mm Tek Screws (22) from the Left and Right Shields (46, 70). Then, gently pull the Right Shield away from the Left Shield.

Locate the Reed Switch (6). Turn the Right Crank Arm (79) until a Magnet (50) is aligned with the Reed Switch.



Loosen, but do not remove, the M4 x 15mm Tek Screw (22). Then, slide the Reed Switch (6) slightly closer to or away from the Magnet (50), and retighten the Screw. Turn the Right Crank Arm (79) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the right shield and the right pedal.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

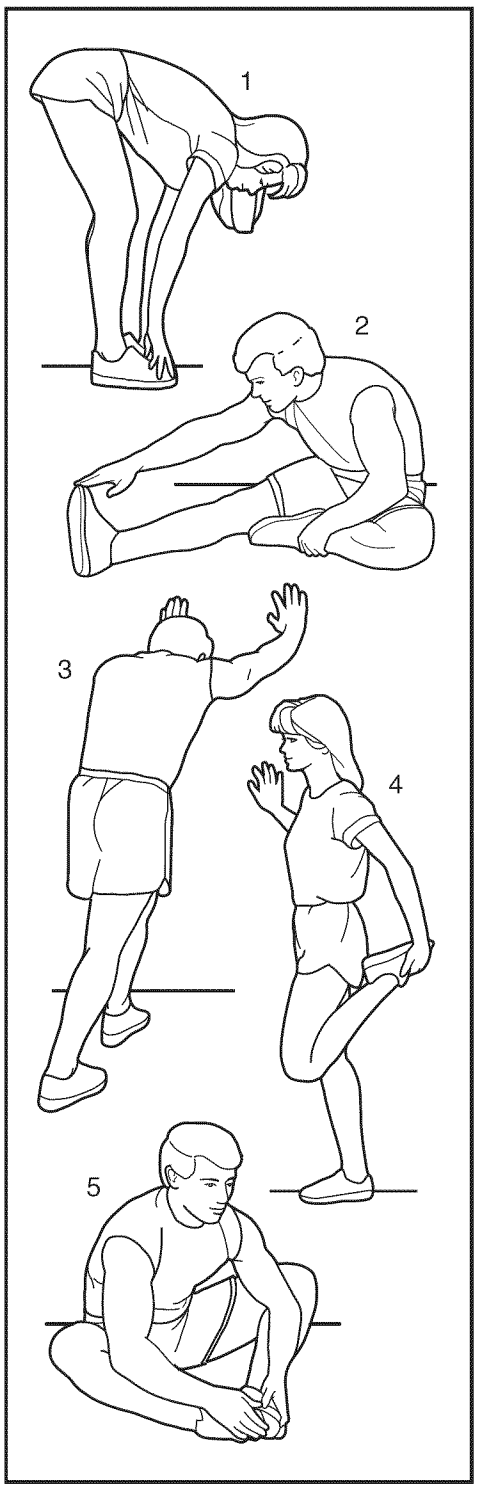
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

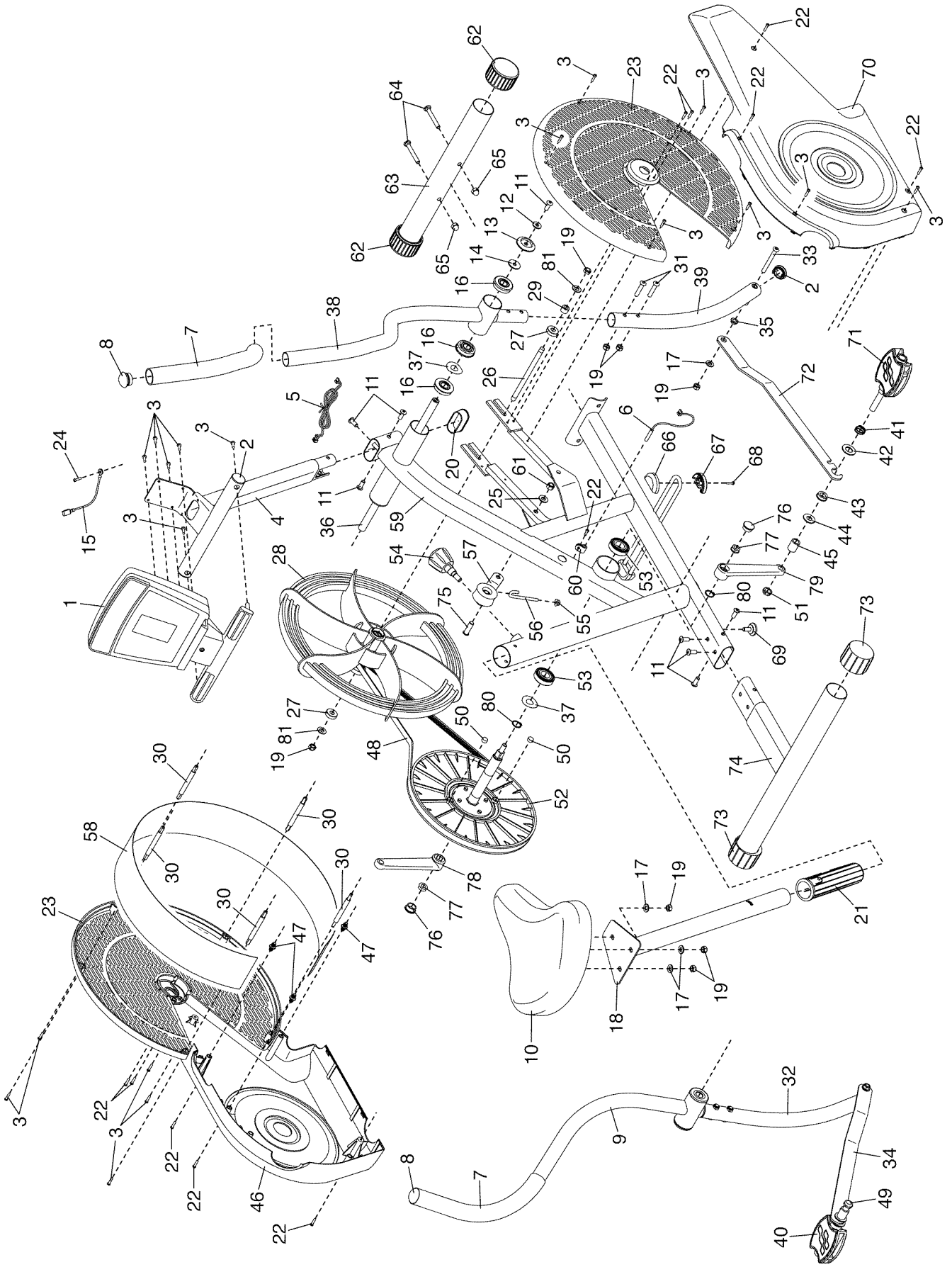
Model No. 831.21922.1 R0314A

Key No.	Qty.	Description
1	1	Console
2	4	Round Cap
3	18	M4 x 15mm Screw
4	1	Upright
5	1	Console Wire
6	1	Reed Switch/Wire
7	2	Foam Grip
8	2	Handlebar Cap
9	1	Left Handlebar
10	1	Seat
11	9	M8 x 20mm Screw
12	2	M10 Black Washer
13	2	Handlebar Cover
14	2	M8 Large Washer
15	1	Ground Wire
16	6	Pivot Bushing
17	5	M8 Washer
18	1	Seat Post
19	11	M8 Locknut
20	1	Upright Cap
21	1	Post Sleeve
22	11	M4 x 15mm Tek Screw
23	2	Fan Cover
24	1	M4 x 10mm Screw
25	1	M10 Washer
26	1	Fan Axle
27	2	Fan Bearing
28	1	Fan
29	1	Fan Spacer
30	5	Cover Stud
31	4	M8 x 40mm Bolt
32	1	Left Handlebar Leg
33	2	M8 x 70mm Bolt
34	1	Left Link Arm
35	2	Link Arm Bushing
36	1	Handlebar Axle
37	3	Wave Washer
38	1	Right Handlebar
39	1	Right Handlebar Leg
40	1	Left Pedal
41	2	Pedal Spring
42	2	Pedal Washer
43	2	Pedal Sleeve
44	2	Crank Arm Washer
45	2	Crank Arm Spacer
46	1	Left Shield
47	3	Friction Fastener
48	1	Drive Belt
49	1	Left Pedal Locknut
50	2	Magnet
51	2	Right Pedal Locknut
52	1	Pulley/Crank
53	2	Bearing
54	1	Knob
55	1	M8 Flange Nut
56	1	Adjuster
57	1	Idler
58	1	Center Fan Cover
59	1	Frame
60	1	Clamp
61	1	M10 Locknut
62	2	Transport Wheel
63	1	Front Stabilizer
64	2	M8 x 60mm Carriage Bolt
65	2	M8 Acorn Nut
66	2	Top Cover
67	2	Bottom Cover
68	2	M4 x 12mm Screw
69	1	Foot
70	1	Right Shield
71	1	Right Pedal
72	1	Right Link Arm
73	2	Leveling Cap
74	1	Rear Stabilizer
75	1	M10 x 35mm Screw
76	2	Crank Cap
77	2	Crank Nut
78	1	Left Crank Arm
79	1	Right Crank Arm
80	2	Snap Ring
81	2	Fan Washer
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-888-533-1333.** *These parts are not illustrated.

EXPLODED DRAWING

Model No. 831.21922.1 R0314A



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Sears, Roebuck and Co., Hoffman Estates, IL 60179

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